Nicholas Robinson.

A

TREATISE

ON THE

VIRTUES and EFFICACY

OF A

CRUST of BREAD,

Eat early in a Morning FASTING:

To which are added,

Some particular REMARKS concerning CURES accompliſhed by the SALIVA, or FASTING-SPITTLE, as well when externally applied as when internally given, in the SCURVY, GRAVEL, STONE, RHEUMATISM, and divers other Diſeaſes, ariſing from Obſtructions.

With ſome critical OBSERVATIONS concerning the RECREMENTS of the BLOOD; demonſtrating, that, when regularly ſecreted, they both contribute to preſerve the Life of Animals, and keep them in Health.

By an Eminent PHYSICIAN.

Neque enim ulla alia Re, Homines propius ad Deos accedunt, quam Salutem Hominibus dando.

CICERO.

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THE INTRODUCTORY DISCOURSE,

Discovering the great Efficacy of the Recrements of the Body, to the Digestion of our Food, the Circulation of the Blood, and the Secretion of the alimentary Fluids.

I AM sensible that few Physicians have examined these Recrements of the Body with that Attention, Accuracy, and Diligence, that a Point of so great Importance requires; and tho' they are many and divers, yet they all contribute their Share to the Maceration, Attenuation, and Digestion of our Aliments in the Mouth; and to the greater Liquidation of the Chyle in the Stomach

and Inteſtines; to the more perfect Fuſion of the Blood in the Veins and Arteries; and the better Secretion of the various Juices, ſeparated and collected in the different Folliculi or Receptacles, ſituated in the various Organs of the Body, and which are ordained by Nature, to ſerve very great, and important Uſes, in the animal OEconomy.

THESE Recrements are diſtinguiſhed from the excrementitious Diſcharges, as the latter are thrown out of the Body, and of no further Uſe in ſupport of the ſeveral reſpective Parts of the Animal, and which therefore are called the Excrements; while the former ſerve many great and neceſſary Purpoſes in Life; ſo that I queſtion whether any animal Circulation, Secretion, or Excretion, could be carried on, without the Aſſiſtance of theſe Recrements; for all the Motions of the Chyle, Blood, and animal Juices, would ſtagnate and ſtand ſtill in an Inſtant, were it not for the Saliva, Bile, pancreatic Juice, and divers other Fluids, ſecreted from the arterial Blood:

And

And as theſe ſecreted Fluids are the main Principles that ſupport the Life of Animals; ſo in the moſt noxious, venomous, and poiſonous Creatures, where the great Miſchief is done by a Bite, and the Infuſion of a poiſonous Fluid into the Wound, as is done by the Viper; then, upon Reflection, we diſcover that there muſt neceſſarily be a counter Poiſon, generated and ſecreted ſomewhere in the Body itſelf, to preſerve this noxious Animal from the Force and deadly Effects of its own Poiſon.

But of all the various Separations and Secretions, I know none of ſo much Conſequence to the Body, as that ſecreted Liquor, we call the Saliva, or what is generally meant by the Faſting Spittle, as will more clearly appear, when we come to ſpeak of its Effects and Conſequences upon the Bodies of rational Animals; for without this ſecreted Fluid, we could neither chew our Victuals, nor ſwallow our Food into the Stomach, nor digeſt it, after it was there;

ſo that all the Motions of the Body would grow dry, ſtagnate, and be at perpetual Reſt, were not our ſeveral Aliments mixed, attenuated, and ſufficiently diluted in the Mouth, by the penetrating Salts of the ſalival Fluid, before they are ſwallowed down into the Stomach.

And tho' of late, we have heard of mighty Feats being done by the Virtues of crude Mercury, Tar-water, and divers other Quack Medicines, ſold up and down this Town, with Royal Patents and dignified Titles, yet I queſtion, whether in the Gravel, Stone, Gout, and Rheumatiſm, there ever yet was, or at this Times is; or in Times to come ſhall be, diſcovered a Medicine more valuable in the foregoing Diſeaſes, than what I now offer for the Benefit of Mankind.

And the Patient may aſſure himſelf, that, if theſe Rules and Cautions, laid down in the following Pages, are but rightly purſued, and duly executed, they will mightily contribute,

tribute, not only to preſerve him in Health, but alſo prove extremely efficacious to reſtore that invaluable Bleſſing, whenever overpowered by the Force of a Diſeaſe. And, in all theſe Caſes, I find little Occaſion for the Uſe of Medicine, provided the Patient eats his Cruſt punctually in a Morning faſting, and is obſerving of the Air, Diet and Exerciſe I have ſet before him.

SECT.

SECT. I.

Of the Virtues of a CRUST *of* BREAD, *eat early in a Morning faſting, with its Force and Efficacy in relieving the* SCURVY, GRAVEL, STONE, GOUT, RHEUMATISM, *and various other Diſeaſes.*

I AM now going to ſpeak of a Remedy, ſecond to none in the Cure and Relief given in the foregoing Diſeaſes: It may indeed ſerve other Intentions and Purpoſes, as far as I know, but in the Gravel, Stone, Gout, and Rheumatiſm, I know it to be the beſt and ſureſt Remedy hitherto diſcovered; and if you join Faſting to this noble Medicine, I know none more efficacious: Would you know this invaluable Secret, it is Abſtinence: I ſay Abſtinence;—but by the Word Abſtinence, I do not mean a mere negative Remedy, as

if

if Faſting was to do all the Work herſelf, by ſuffering Nature, in due Courſe of Time to reſolve the Obſtructions, and, at her Leiſure, to digeſt off the viſcid Juices and corrupt Humours; for Abſtinence is only neceſſary as an Aſſiſtant, both to improve the Operation, and enable the Cruſt of Bread, eat early in a Morning faſting, to exert its Virtues with more ſalutary Effects: For all Medicines operate beſt upon an empty Stomach, and few purging Medicines are adviſed, if they are greatly efficacious, but that they are preſcribed to be taken in a Morning early, and the firſt Thing that the Patient does; and he is often adviſed not to eat till two or three Hours after.

I CHUSE to expreſs myſelf, in the vulgar Manner of Speech, becauſe the viſible Relief given in the Gravel or Stone is uſually aſcribed to the Bread alone, and not to any other aſſiſtant Remedy mixed with it

it in the Mouth, or in its Paſſage to the Stomach, and ſo into the Blood: For it is a Truth, eſtabliſhed by conſtant obſervation and Experience, that, divers Perſons, by eating a Cruſt of Bread in a Morning early, and faſting two or three Hours after it, have received great Relief in the Gravel; others have declared, that under the Stone their ſevereſt Symptoms have been mightily mitigated; and ſome again, under the moſt painful Symptoms of the Gout and Rheumatiſm, have found their Pains greatly relieved by adhering to this Remedy, and applying chewed Bread, well moiſtened with the faſting Saliva, warm to the gouty Parts: And I do not ſpeak theſe Things of two or three People only, that have accidentally been thus relieved, but of Hundreds, nay, I may ſay Thouſands, that, within my own Knowledge, have received great Benefit from this invaluable and ſalutary Medicine.

Now to examine the main Point, and enquire upon what Principles this great Relief is given; for, if we conſider the Bread itſelf, this Concrete can have no Efficacy, at one Time more than another; if the Efficacy, I ſay, proceeds from the intrinſical Principles of the Bread; for then a Cruſt eat at Five or Six in the Afternoon, or at a proper Diſtance from our Meals, muſt produce the ſame Effects upon the urinary Paſſages; upon the Obſtructions of the Joints and Membranes of the Muſcles, that it does, when eat in a Morning faſting; and therefore we are to conſider, whether this Virtue and Efficacy, ſuppoſed to be lodged in the Bread, may not more properly be owing to ſome other aſſiſting Cauſe, than to the Piece of Bread itſelf; for we know very well, that the Matter of Fact is ſo, *viz.* That a Cruſt of Bread, early eat in a Morning faſting, does produce theſe good Effects in the foreſaid Diſeaſes; and if we ſearch into the Virtues of Bread, and conſider what Ingredients

dients there are in a Cruſt, we ſhall not diſcover any Virtues in the Bread, more than to nouriſh the Body; for the pureſt Wheat, when changed into never ſo many different Forms, only produces a more elegant Nouriſhment: This is the prime Law of its Nature, and therefore we cannot ſuppoſe that the Bread itſelf can contain any Powers capable of producing theſe Principles of Diſſolution of the Gravel, Attenuation of the Phlegm, and Mitigation of the painful Symptoms of the Stone; and therefore I muſt conclude, that the Bread itſelf does not contain any Principles powerful enough to accompliſh that great Relief, that is often received from eating a Cruſt of Bread in a Morning early; for then its great Efficacy would ſenſibly appear, from the great Quantities we eat of this Aliment, in our ſeveral Meals, at Morning, Noon, and Night: And hence I infer, that the Good that is known to enſue, from eating the Bread, muſt be the Reſult of ſomewhat that accompanies the Bread, and that we can con-

ceive to be nothing but the faſting Saliva, which leads me to ſpeak of the Origin, Secretion, and Compoſition of this Fluid, or what we vulgarly call the Faſting Spittle; as it is a Fluid that ſerves divers great and important Purpoſes in the Animal-OEconomy.

SECT. II.

Of the ORIGIN, SECRETION, *and* COMPOSITION *of the* FASTING SALIVA, *as the Fluid that firſt mixes with the Bread, in the Mouth; in its Paſſage through the Gula; and in its Deſcent into the Stomach; as the ſole Cauſe of the foregoing ſalutary Effects.*

I OBSERVED in the firſt Section, that few Phyſicians had ſufficiently examined the Recrements of the Body; and ſo far looked

looked into the Myſteries of Nature, as to conſider for what Purpoſes and Uſes in Life, they were ſeparated and ſecreted into their proper Channels and Receptacles; for we daily perceive, that the Saliva, the pancreatic Juice, and the bilioſe Humours, are three Liquors ſecreted from their reſpective Organs, that ſerve great and eminent Purpoſes in the Animal-OEconomy; and as the Saliva, or what we call the Spittle, is the laſt and moſt conſiderable of the Secretions, ſo I think it will be proper to examine the Nature, Properties, and conſtituent Principles of a Fluid, that is often the Cauſe of conſiderable Changes and Alterations in Life.

Now the three grand Recrements of the Body, *viz.* the Saliva, Bile, and Seed, are three Principles, that not only preſerve Life and Health in the Individuum; but the laſt ſecreted Fluid is that ſacred Balſam, that has continued the Species from the Beginning

ning of the World to this Time, and which will ſo continue it, to the lateſt Period of Nature; and therefore methinks they deſerve a more particular Enquiry, than what I perceive Phyſicians, hitherto, have been pleaſed to beſtow upon them: However, I ſhall in this little Tract only proceed to examine the Recrement of the Saliva, the Principles of the Juices ſecreted in the Stomach, and the Properties of the Bile, as Subjects the moſt proper at preſent for my Enquiry; and ſhall poſtpone the laſt to a more convenient Opportunity.

However, before we proceed to diſcover the Powers, Efficacy, and Operation of the Faſting Spittle, I judge it highly neceſſary that, in the firſt Place, we proceed to examine the Origin, Secretion, and Compoſition of this noble Fluid, as it is ſeparated from the arterial Blood; becauſe upon theſe Principles moſt of its active Powers, in a great Meaſure, will be found to have their Dependance.

THE Saliva, or what we call the Faſting Spittle, is originally ſecreted from the arterial Blood by two complex Glands, called the Parotides, which, according to *Steno* and *Nuck*, two accompliſhed Anatomiſts, lie at the Root of the Ear, one on each Side of the Neck: Theſe Glands ſecern the groſſer Saliva; and, by Means of a Number of little ſmall Tubes, ariſing from the inner Coat of theſe Glands, convey the ſecreted Liquor into one common Duct, which, near the third upper Grinder, opens into the Mouth, whereby the Jaws, Tongue, and all the inner Parts of the Lips, are moiſtened with this viſcous, ſecreted Spittle.

BUT, beſides theſe two large ſecretory Glands, that furniſh out the groſſer Secretions for moiſtening the Mouth in general, there are diſcovered, by later Anatomiſts, divers other minute, conglobate Glands, that ſecrete a finer, thinner, and more attenuated Fluid: Theſe have their Roots in the Palate, Tongue, Gums, and Lips, all whoſe Mem-

Membranes are perforated with little ſmall Tubuli, that let into the Mouth a fine, thin, volatile Saliva, ſomewhat more attenuated than the former: However, all theſe Fountains of the Spittle are ſo commodiouſly ſituated, that they muſt neceſſarily, upon cloſing of the Lips, Preſſure of the Jaws, and combining or compreſſing of the Cheeks, ſqueeze out a good Quantity of their Contents into the Mouth, for the ſeparating, moiſtening, and diſſolving of the Aliments we take for the Support of Life.

And this is the Reaſon, why theſe Glands diſcharge the greateſt Quantities of their ſecreted Liquors, during Maſtication, or when we chew our Food; becauſe then there is not only the greateſt Preſſure upon theſe Organs, but, at the ſame Time, all the Parts of the Mouth are put into greater Motions and Compreſſions, than at any other Time whatever; for, to make the Experiment, if you pleaſe to grind cloſe the Teeth, and, at the ſame Time, compreſs your Cheeks

Cheeks with the Lips, you will readily perceive a larger Diſcharge of Saliva to ouze from theſe reſpective Glands, than when the ſame lie ſtill, are at reſt, and under no Compreſſion.

But, of all Remedies preſcribed, we ought not only to attempt to know their Origin, Nature, and Production, but alſo to endeavour to penetrate into the Principles, Powers, and Properties, they conſiſt of, whereby we ſhall be better enabled to diſcover their Manner of Action, and the different Efforts they exert upon the various Organs of the animal OEconomy.

As to the Saliva, when all the different Secretions are intimately mixed in the Mouth, and formed into one uniform, attenuated frothy Humour; the Mixture then appears, from Experiments, to conſtitute a fine, thin, volatile, ſilver-coloured Fluid, and which is ſecreted from the arterial Blood in the carotid Arteries, and called the Saliva or Spittle.

UPON Examination, it appears to be a Compoſition of Salt, Oil, and Sulphur, diſſolved in a pretty large Quantity of a fine, thin, attenuated Phlegm, very nearly reſembling the conſiſtence of Soap-Water, to which it is very nearly related by the Virtues of its Qualities.

UNDER a ſound State of Health, it is without Smell, perfectly inſipid, or, if it has any Taſte, it may properly be ſaid to reſemble the White of an Egg: To the Touch it is extremely viſcid; eaſily mixes with Oil, and therefore is oleoſe; it readily evaporates with the leaſt Force of Fire, and therefore contains a large Portion of volatile Parts; and in its Nature is mightily penetrant and abſterſive, and therefore will deſtroy even the Sphericity of the mercurial Globes themſelves, whoſe round Figures are ſo difficult to deſtroy, unleſs you apply Salts, Fire, Sulphur, or Ingredients of an unctuous, adheſive Nature.

SECT.

SECT. III.

Of the PROPERTIES, VIRTUES, *and ſalutary* EFFECTS *of the* FASTING-SALIVA, *when externally applied to old Aches, Pains, recent Cuts, Wounds, old Ulcers, Corns, ſore Eyes, and gouty Nodes.*

IF we conſider the Faſting-Saliva alone, and as it is ſecreted from the ſalival Glands ſituated in the Jaws and Mouth, we ſhall perceive divers great and remarkable Effects to ariſe from its Application; for this Saliva may moſt properly be called the noble Balſam of Nature, as it is a ſurer Relief, in moſt Caſes, where outwardly applied, than what moſt People will eaſily be led to believe, that have not themſelves tried its Efficacy: I do not deſire to be too ſanguine upon the Virtues of the Faſting-Saliva; but ſhall only beg Leave of the Reader to lay down what I know to be Matter of Fact; and then ſhall

proceed to give a Detail of divers very ſurpriſing Cures, that one Mrs. *Boſtock*, at *Nantwich* in *Cheſhire*, has done to vaſt Numbers of People, in that Neighbourhood, by the outward Application of the Faſting-Saliva, vulgarly called the Faſting-Spittle.

I AM intimately acquainted with a Gentleman, that every Spring and Fall was accoſted with a very troubleſome ſcorbutic Tetter; he had taken Mercury in all Shapes, adviſed with ſeveral Phyſicians, and by their Advice had applied Mixtures, Ointments, and Waters, preſcribed for tettery Humours, but without Succeſs: At laſt, he was adviſed to apply the Faſting-Saliva every Morning, which, in a Fortnight's Time, effectually cured him.

NOR do I know a better Medicine for troubleſome Corns. A Perſon of ſome Diſtinction had a Corn on the off Side of his Foot, that ſo ſhackled his Limbs, as almoſt to reduce him to the State of a Cripple: He employed

employed the Corn-cutter without Effect; for, every Time it was cut, it both bled and pained him very much: Theſe are uſual Accidents that happened from a Nerve and Vein, that entered into the Compoſition of the Corn, and whoſe Senſibility and Cavity were not totally deſtroyed by ſo hard a Body: He had made Uſe of Plaiſters, Balſams, Ointments, Lotions, and all Manner of Applications, but to no Manner of Purpoſe: He then accidentally aſked a Gentleman's Opinion, and was adviſed every Night to ſoak his Feet in warm Water and Bran, and the next Morning to apply chew'd Bread, well moiſten'd with the Faſting-Spittle, by Way of Pultice, which, in a little Time, perfectly relieved him; for the Corn, in leſs than a Week, tumbled out by the Roots, and he has heard no more of it ſince. The like happened to a Gentleman that was adviſed to apply the chew'd Bread, mixed with the Faſting-Spittle, to a gouty Node, which mightily relieved him, and has kept his Feet eaſy ever ſince.

In thoſe hard Excreſcences we call Warts, in the Hands, Face, and divers other Parts of the Body, it is an infallible Cure, if conſtantly uſed. It alſo mightily aſſiſts in relieving ſore Eyes, eſpecially thoſe whoſe Eye-lids, from hard Drinking, are red, angry, and inflamed: In theſe Caſes, if you do but lightly touch the Parts affected with this noble Balſam, every Morning, you will find great Relief. And we know by certain Experience, that, in all Cuts, recent Wounds, and accidental Hurts, the Faſting-Saliva is a ſovereign Remedy: And its penetrant diſſolving abſterſive Qualities are ſo great, that, if it be ſufficiently rubbed with Mercury, vulgarly called Quick-ſilver, it will mortify that Mineral, and deſtroy the Sphericity of its Globes, tho' one of the moſt active Bodies in Nature.

But the great Cures done by one *Bridget Boſtock*, at *Nantwich* in *Cheſhire*, by the external Application of Faſting-Spittle, would ſurmount

ſurmount all Credit, and ſcarce gain Belief, had we not ſufficient Atteſtations, from ſeveral authentic Letters, that put the Matters of Fact above all Diſpute; for, in a Letter from a Perſon of undoubted Character, he tells us, " that this old Woman, all her " Life-time, made it her Buſineſs to cure " her Neighbours, and People that lived " near her, of ſore Legs and other Diſor- " ders. But her Reputation, of late, ſeems " ſo wonderfully increaſed, that People " come to her from all Parts far and near. " A Year ago ſhe had, as I remember, about " forty under her Care: When I went to " *London*, ſhe had one Hundred in the Com- " paſs of a Week; and they encreaſed ſo " faſt, that, by the Time I came back, which " was not above three Weeks, ſhe had above " Eight Score; and this Day five Weeks " one Hundred and Sixteen; Sunday ſe'en- " night my Wife and ſelf went to *Bridget*'s " Houſe, and were told, by the Perſons " that kept the Door, and let the People in " by Fives and Sixes, that they had that

" Day

" Day told Six Hundred to whom ſhe had
" adminiſtered: She at length grew ſo very
" faint, for ſhe never breaks her Faſt till
" ſhe has done, that, at Six of the Clock in
" the Evening, ſhe was obliged to give over
" her Operations, tho' then there were more
" than Sixty Perſons to whom ſhe had not
" adminiſtered. On *Monday* laſt ſhe had
" Seven Hundred, and every Day at pre-
" ſent near that Number.

" She cures the Blind, the Deaf, and
" the Lame of all Sorts: Numbers of Peo-
" ple have received great Benefit, in the
" Rheumatiſm, King's-Evil, Hyſteric Fits,
" Falling-Sickneſs, and Shortneſs of Breath:
" She alſo mightily relieves the Dropſy,
" Palſy, Leproſy, Cancers, and, in ſhort,
" almoſt every Diſeaſe Mankind is ſubject
" to, except the *French* Pox, which ſhe will
" not be prevailed on, by any Means, to
" meddle with."

But here I muſt beg Leave, ſo far to interfere with this old Woman, as to declare, that in Chancres, which is a very ſtubborn Species of the venereal Diſeaſe, and which often affects the Glans Penis, and baffles the utmoſt Efforts of the Phyſician and Surgeon, without a Salivation: That there is not a ſurer Remedy, than every Morning to touch the Part with the Faſting-Saliva of a Man or Woman, turn'd of Seventy or Eighty Years of Age: And, if you extinguiſh a little crude Mercury in the Saliva, the Efficacy will be ſo much the more conſiderable and certain.

But to return from whence I digreſſed; —— "You will be deſirous to know, what "Medicines ſhe uſes to procure ſuch mighty "Relief; and I muſt tell you, that all the "Means, ſhe uſes, are only to ſtroak the "Part with Faſting-Spittle, and praying for "them; it is hardly credible to think, what "Cures ſhe daily performs, and, without

" you were here to ſee them, it muſt ap-
" pear romantic and incredible; for ſome
" People grow well while in the Houſe,
" others while on the Road, and all find
" themſelves better after they are got home.
" She is about Seventy Years of Age, and
" takes no Money for her Cures, tho' of-
" fered her; in ſhort, the Rich, the Lame,
" the Blind, and the Deaf, all pray for her,
" and bleſs the great Good ſhe does; and
" the Poor daily come to her in Cart-loads.
" I am, Sir, *&c.*"

THIS Letter, I am well aſſured, comes from a Perſon of great Veracity and Integrity; and therefore I think deſerves ſome Animadverſions, as the Cures, the Author ſpeaks of, are many of them very ſurpriſing, and divers out of the common Road of external Applications: However, to make ſuitable Remarks on theſe Cures, we muſt firſt obſerve, that *Bridget Boſtock* is ſeventy Years of Age; that all was done (beſides her Prayers) by the Force of the Faſting-

Spittle;

Spittle; as to her Prayers, for a Bleſſing upon her Endeavours, I ſhall not preſume to ſay any Thing, becauſe we are aſſured in Holy Writ, that Perſons of leſs Piety, Virtue, and Charity, than this old Woman ſeems to be Miſtreſs of, have been enabled to work Miracles; and therefore we never can be certain how far God Almighty interpoſes his Finger in aſſiſting the Relief of divers Diſeaſes: But in moſt of theſe Caſes, except the Dropſy, I will be bold to ſay, that the Means this good Woman uſed for the Recovery of theſe People, were equal to the Effects that enſued; and in the Dropſy there are two Remedies may be uſed, that will infallibly cure that Diſeaſe, provided it does not ariſe from a Rupture of the Lymphaticks, in which Caſe there can no Relief be given, but by tapping the Patient, and that only a tranſient Relief, or the Patient is not greatly advanced in Years. Thus far I could not but remark, in Caſes ſo particular in their Aſpect, and which were re-

lieved by ſuch a ſimple Remedy as I am now treating of.

SECT. IV.

Of the VEHICLE *moſt proper to convey this Sovereign Remedy into the* STOMACH, *in order to facilitate its Operation and ſalutary Effects, upon the various* VISCERA, ORGANS, *and* FLUIDS *of animal Bodies.*

HITHERTO we have conſidered the Faſting-Saliva alone, and as it is applied to the external Parts of the Body: I am come now to ſpeak of its ſalutary Effects, when it is mixed, combined, and aſſociated with the fine Fluid ſecreted from the Glands of the Oeſophagus, or Gula, in its Deſcent into the Stomach; when it is combined with the ſtomachic Juices ſecreted from the villous Coat of that important Organ; and the

the Improvements it acquires, as a Diſſolvent, after it is got out of the Stomach into the Inteſtines, and there thoroughly mixed with the Bile and pancreatic Juices.

And it plainly appears, from the Obſervations we have made in the firſt Section, that the Bread is little or nothing concerned in producing theſe good Effects, we ſo ſenſibly perceive to enſue, upon eating a Cruſt of Bread in a Morning faſting; nor can the Virtues that follow, upon eating that Concrete, be properly aſcribed to the Bread itſelf; for it never could be ſwallowed, did not the Faſting-Saliva mix with it, and convert it to a pulpous Subſtance, and thereby fit it for Digeſtion; for no dry Aliments ever could be ſwallowed, without a proper Portion of the ſalival Fluid; nor do I conceive, that any other liquid Menſtruum would ſerve the Intentions of Nature ſo well as the Saliva: And this is the Reaſon why the greateſt Number of ſalival Glands are placed in the Mouth, and, conſequently, the greateſt Quantity of Saliva

Saliva ſeparated from theſe glandular Meſhes, during Maſtication, or the Time we are chewing of our Food; for then there is not only the greateſt Preſſure and Motion in all the Parts of the Mouth, but the Muſcles of the Jaws, Cheeks, and Lips, are more forcibly compreſſed, contracted, and put in Motion, than at any other Time; for theſe glandular Bodies, the Fountains of the Saliva, are ſo commodiouſly ſituated, that they muſt neceſſarily, upon any Preſſure of the Cheeks, or cloſing of the Jaws, ſqueeze out their Contents into the Mouth; and, to make the Experiment, let any Perſon grind cloſe his Gums and Teeth, and, at the ſame Time, ſtraitly compreſs the Muſcles of his Cheeks and Jaws, and he will readily perceive a larger Diſcharge of Saliva to flow into his Mouth from theſe Compreſſions, than is uſual from the ſame Glands, at any other Time; which plainly demonſtrates how much the Action of theſe Muſcles contributes to influence the Diſcharge of theſe ſalival Glands.

But, if the Relief given does not conſiſt in the Virtues of the Bread itſelf, but in the Secretion of the Recrement, called the Faſting-Spittle, then you will ſay; to what End and Purpoſe ſerves a Piece of Bread, eat early in a Morning faſting? To this I anſwer; to very great and good Purpoſes every Way: For, in the firſt Place, there is no other Subſtance we know of, that can ſo properly be eat in a Morning faſting, as a Cruſt of Bread, or that the Stomach will ſo readily receive and digeſt, as that Concrete: Secondly, of all other Aliments, it is the moſt proper Vehicle to imbibe and collect the Faſting-Saliva; and therefore, of all other Vehicles, it is the fitteſt to be employed upon theſe Occaſions, as it beſt mixes with the Saliva: Thirdly, the Force from the Teeth, neceſſary to divide a Cruſt, and break its Coheſions, will more readily ſqueeze out the Saliva from the ſeveral ſalival Glands.

These are the Reaſons I offer in Preference

ference to a Cruſt of Bread: And therefore I judge, that no other Concrete will ſo readily ſerve the Purpoſe, as a Cruſt of Bread, unleſs it be what we call the Captain's Biſcuits, which they carry to Sea for their own Eating: Theſe are ſtill preferable to Bread, as they are ſtill harder than a Cruſt, and more deſtitute of all foreign Mixtures, as they are free from both Leaven and Yeaſt; but, as theſe ſometimes may be difficult to be had, ſo I judge a Piece of Bread, in the general, the beſt Vehicle we can ſubſtitute, in order to convey the Faſting-Saliva into the Stomach. And hence it clearly appears, that the Virtue and Efficacy, that reſults from eating a Cruſt of Bread, does not ſo properly ariſe from the Bread itſelf, as the chewing and mixing it with the Faſting-Spittle; and therefore, to improve this fine, liquid, volatile Soap, and exalt its Virtues, I adviſe you, having eat nothing Over-night for Supper, about Five of the Clock in the Morning, to eat one Ounce, or an Ounce and an Half, of either Wheat or Rye Bread, which,

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in chewing, will take up full Half an Ounce of the Faſting-Saliva, to reduce it into a proper, ſoft, pulpous Subſtance, and which, when well chewed and moiſtened, will be eaſily ſwallowed; and, when you have got it down into the Stomach, then leave the reſt to Nature, and, if you can, go to ſleep. And it is adviſeable that you eat nothing for two or three Hours after; which leads me to ſpeak a few Things of the Conſequences of its being got into the Stomach, and of its Mixture with divers of the ſecreted Juices, in the Stomach and Inteſtines.

Now this Courſe, if ſteadily purſued for a Month or Six Weeks, will prove of great Efficacy in divers Diſeaſes, that have Obſtructions and ſabulous Concretions for their Parent, as the Gravel, Stone, Gout, and Rheumatiſm. Nor is it leſs efficacious in Tumours of the Liver, Spleen, and divers other Organs; in all which Caſes it is known to give great Relief.

SECT. V.

Of the Improvements the FASTING-SALIVA *receives from its mixing with the ſtomachic, the bilious, and pancreatic* JUICES *in the Stomach, Inteſtines, and Parts adjoining; and, in particular, of the Nature, Properties, and conſtituent Principles of the* BILE, *as the greateſt Diſſolvent in Nature.*

BUT, after this fine, thin, ſaponaceous Fluid, we call the Saliva or Spittle, has left the Mouth, and before it gets down into the Stomach, it receives conſiderable Improvements from a fine, thin, attenuated, volatile Fluid, ſecreted from a Number of Glands ſituated in the Head of the Gula, which ſtill renders it more penetrant and abſterſive: It ſtill acquires more Force and Energy

Energy from its Mixture with the Stomach Juices, diſcharged from the various Glands, whoſe Orifices form the velvet Coat of this important Organ: Theſe ſupply the Stomach with a fine, thin, clear, ſpumous Fluid, that taſtes a little ſaline and acid, but is very active and volatile in its Properties.

THIS is ordained by Nature to penetrate the Foods, break their Coheſions, and help forward their Digeſtion for the Nouriſhment of the Body: And here a very fair Opportunity offers itſelf for me to ſpeak of the Principles of Digeſtion, and to diſcover how theſe important Changes are brought about, that convert our Aliments into Nouriſhment; but this would be foreign to my Intention, and be a Means of rendering the Diſcourſe tedious, as my avowed Deſign is Brevity, and only to take a View of the ſecreted Fluids, as far as, in their Courſe, they join with the Faſting-Saliva, in order to exalt it into a fine ſaponaceous Liquor,

proper to relieve the Body of its Infirmities.

THUS it appears how much the Faſting-Saliva is improved in its Nature, Properties, and Action, from the lubricating Lymph of the Gula, the ſtomachic Juices, and the chylous Fluid, all continually digeſting in the Stomach; continually ſecreting from their reſpective Glands, and continually flowing over the Pilorus into the Duodenum, where they mix and unite with the bilious and pancreatic Juices, which greatly improve this noble, active Medicine, and, by their Tumults, Conflicts, and Conquaſſations, render it the moſt penetrant, abſterſive, and diſſolving Medicine we know of in Nature.

AND, becauſe I have mentioned the bilious Juice as an Ingredient in this fine, volatile, diſſolvent Medicine, you will permit me here a little to examine into the Nature,

ture, Properties, and Secretion of the Bile, becauſe it is a Liquor, that will be found to have very conſiderable Effects and Conſequences in the various Organs of the animal OEconomy.

THE Liver is the Organ ordained by Nature for the Separation, Secretion, and ultimate Perfection of the bilious Humour; and I ſhould immediately proceed to examine the Principles and Mechaniſm of this important Organ, but that *Malpighius*, that accurate Anatomiſt, and our learned Countryman Dr. *Gliſſon*, have ſo fully exhauſted this Subject, that they have left but little, that is new, to be ſaid by them that come after them: And, as I am only to obſerve the Nature of Secretion, the Principles of the Bile, and the Uſes and Purpoſes for which it is ordained to ſerve in Life; ſo, I judge, that the Courſe of the Veſſels, their various Ramifications, and their Aptneſs for the Secretion of this Humour, will furniſh out every

every Thing neceſſary to be known upon this Subject.

However, I think proper here to obſerve, that the Modus of Secretion of the Bile in the Liver, is different from the Humours ſecreted in all other Parts of the Body; for, in all other Parts, the Secretions are uſually made from an Artery, but in the Liver Nature has inverted that Order, and makes uſe of a Vein: And therefore the Vena Porta is appointed for this important Office. This Vein receives the Blood from the Spleen, from the meſenteric Arteries, and from almoſt all the Organs ſituated in the lower Belly. This ſanguineous Fluid moving much ſlower in the Vena Porta, than it would have done in an Artery of the ſame Structure and Mechaniſm, is the ſole Cauſe why the bilious Salts are ſo readily diſpoſed to attract each other, and form a Fluid with that Viſcidity neceſſary to give Conſiſtence to the Bile; and for this End and Purpoſe

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the Vena Porta and biliary Veſſels are incloſed in one common Sheath or Capſule; they enter the Liver on the concave Side, and are equally diſtributed through all its Subſtance; ſo that, wherever there is a Branch of the one, there, upon good Inſpection, you will be ſure to diſcover a Branch of the other: And therefore each Lobe, and each Gland of that Lobe, whether on the convex or concave Side, receives the ſame Veſſels, *viz.* A Vein, Nerve, and Artery, called *Arteria Hepatica*, to convey the Nouriſhment for the Uſe of the Liver.

The Porta receives the Blood from the neighbouring Parts, which is very ſharp, by Reaſon of the cloſe Union of the bilious Salts; for the Lymph that kept them aſunder is ſeparated from the Blood by the Glands of the Stomach, Inteſtines, Pancreas, and Meſentery; and therefore, if this ſharp, deterſive, ſaline Bile, did continue to circulate with the Blood, it muſt frequently occaſion

caſion vehement Fevers, colliquative Fluxes, Heart-Burnings, and ſevere Cholic Pains; but theſe miſerable Effects are often prevented by a ſoft oleous Fluid, that tempers theſe ſharp, keen Salts, and blunts their acrimonious Effects, both upon the Inteſtines and Parts adjoining.

In the Secretion of the Bile, we are to obſerve, that the Vena Porta hepatica terminates in little ſmall glandular Folliculi, that ſecrete the Bile from the Blood; from theſe ſmall Glands the bilious Humour is received into the Extremities of the Pori biliarii, as they inoſculate with the Extremities of the Vena Porta, and which, by their Unions, form one Trunk, called the Ductus Hepaticus: This Trunk empties Part of the Gall into the Gall-Bladder: From the Gall-Bladder ariſes the Ductus Cyſticus, which, uniting with the Ductus Hepaticus, form one common Trunk, called the Ductus communis Cholidocus, that conveys the

Gall

Gall into the Duodenum, near its Curvature, that forms the Beginning of the Jejunum; ſo that only Part of the Gall flows into the Veſica fellea, by the Cyſtick Duct, while the other Part is conveyed into the Inteſtines by the Ductus communis Cholidocus, that opens into that Organ by an oblique Inſertion.

THE Bile ſeems to be a groſs, thick, viſcid, oleous Phlegm, well impregnated with Salts of various Kinds, as ſweet, bitter, acerb, muriatic, and bitter-ſweet; all which are blended and intimately mixed in a ſmall Quantity of viſcid Phlegm: In this Fluid, more than any other of the Body, the Oil and Salts greatly predominate; for an Ounce of black Gall contained in the Fund of the Veſica fellea yields Oil and Salts, of each three Drachms, of Phlegm only two Drachms.

IF you examine the Gall in the Liver, in the Pori bilianii, and Gall-Bladder, you

will find it of a different Conſiſtence, Colour, and Bitterneſs, in all theſe three different Situations; for the Gall in the Liver, or glandular Folliculi, is of a pale Green, more fluid, ſaltiſh, and leſs bitter; that in the cyſtick Duct more viſcid, leſs bitter, but greatly partaking of ſaccharine Salts; that in the Gall-Bladder appears of a deep porraceous Green; and, laſtly, that in the Fund, inclining to a blackiſh Hue, and which is more viſcid, leſs ſalt, but contains more of the bitteriſh Twang.

I COULD not but be thus particular upon the Nature, Principles, and Secretion of the Bile, becauſe our great Maſter *Hippocrates* avers, that the Ingredients of Bile are generated with the firſt Principles of Life; and, when it happens to be vicious, redundant, or defective, fails not to become the Parent of moſt Diſeaſes that any Way can affect the Conſtitutions of Animal Bodies, eſpecially thoſe that are hot, fiery, and inflammatory:

And

And, tho' every Conſtitution muſt neceſſarily generate Bile, yet a tenſe, ſpringy Conſtitution, or a Conſtitution with very elaſtic Fibres, muſt neceſſarily have this Humour in the largeſt Proportion; and thoſe liable to generate much Bile, are very prone, Spring and Fall, to fall into Looſeneſſes, Fluxes, and the Cholera Morbus, which is what we call a bilious Vomiting, accompanied with a Looſeneſs, where great Quantities of yellow, green, black Stools are diſcharged.

SECT. VI.

Of ſome other ſovereign Properties of the BILE; *as it both promotes the Digeſtion of our Aliments, aſſiſts the Circulation of the Blood, and helps forward the glandular Secretion in every Part of the Body.*

BUT I have not yet done with the Bile; for it is a ſecreted Humour, of that vaſt Service and Uſe in the Animal-Oeconomy, that I very much queſtion whether either Health could ſubſiſt, or Life itſelf be continued, without its Aſſiſtance; for this Bile, I am ſpeaking of, is a Secretion ſo univerſal, that I do not know one ſingle Species of Animals deſtitute of this noble Secretion; for Man, Beaſt, Reptiles, and the various Claſſes of the Fiſh Kind, all have Bile; and, in

in all theſe different Subjects, it is the bitterest Humour in the whole Body; which is a ſtrong Argument with me of the Neceſſity of bitter Medicines in divers Caſes of Diſeaſes, eſpecially when they are properly applied.

Now the Bile is ſo copious a Subject, and affords ſo many Experiments to enlarge upon, that I could write a very large Volume on the Principles, Nature, and Virtues of the Bile alone, without exhauſting the Subject: And we find by Experience, that all People of a hot, choleric, dry Conſtitution, are inordinately ſubject to be hot, furious, and paſſionate, in proportion as they generate a greater or leſſer Quantity of Bile: However, I will not ſay, that any one of the ſecreted Liquors or Recrements is the ſole Cauſe of Life and Health; yet this I will aver, and am able to demonſtrate, that neither Health nor Life can long ſubſiſt, where the Recrements of the Saliva and Bile are for

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any conſiderable Time obſtructed: And it is the Obſervation of all Naturaliſts, that the Bile greatly differs in its own Nature; for, in the larger Animals, it is leſs acrid and ſharp, than in thoſe that are little; in Beaſts than Birds; and in Birds than Fiſhes; and in Fiſhes, than the various Tribes of Inſects: However, in Man we diſcover the moſt tinging bitter Bile, that is in any Animal whatſoever; for it is ſo intenſely bitter in this Animal, that one Drop will communicate a bitteriſh Twang to two Ounces of Water; and the ſame Quantity will tinge Half a Pint of the ſame Fluid with a fine, beautiful, paliſh Green.

But, to be a little more explicit and particular upon this Subject, as it is a Point of ſuch Importance to the Health and Lives of Animals: I lay it down as a Principle, not to be conteſted, that Life itſelf depends upon a regular and uninterrupted Circulation of the Blood and Fluids through the ſeveral

veral Organs of the Animal-Oeconomy; this conſtant and equal Motion of the Blood is kept up by the Circulation of the Bile, that every-where deſtroys the tenacious, thick, viſcid Particles of Phlegm, that render the Blood ropy, ſtagnant, and apt to fur up the minuteſt Arteries.

THIS bilious Humour, from its inciding, penetrant, and diſſolving Qualities, not only aſſiſts the Circulation, but alſo is greatly concerned in promoting the Separation of the Chyle from the Fæces, or Matter of our Stools, aſſiſts its Paſſage into the Lacteals, and then cuts, divides, and corrects the thick, viſcid Slime, that often adheres to the Coats of the Stomach and Inteſtines; blocks up their Secretions, and is a frequent Cauſe of very ſevere Cholic Pains.

BUT, amongſt all the Salts of the Bile, which are both volatile and fixed, there is a peculiar eſſential Salt, endued with a very

ſweet

ſweet Property: Theſe eſſential ſaccharine Salts more readily join with the Chyle, in the Inteſtines, than any other; and this is that Salt, that gives to the Chyle both its Sweetneſs of Taſte, and that Whiteneſs it obtains after it has paſſed the Venæ Lacteæ Primi Generis: This ſaccharine Salt alſo gives to the Urine of thoſe that labour under the Diabetes, that ſweet Taſte we often diſcover in thoſe that, for any conſiderable Time, have been ſubject to this Diſeaſe.

If we proceed farther in our Enquiries, we ſhall diſcover by Experiments, that the Bile of Animals abſterges like Soap, and renders Oils miſcible with Water: As to its Virtues, it penetrates, attenuates, and reſolves all Obſtructions in every Part of the Body, and affects Roſins, Gums, and other tenacious Bodies, by a Diſſolution of their Texture; whereby they are brought to mix with any Fluid they are applied to: This Bile or Gall is neither alcalious or acid, but ſeems a Combination

bination of various Salts, Oils, and Sulphurs, diluted in a pretty large Quantity of Phlegm; there is no Queſtion to be made, but that the principal Uſe of the Bile is to ſeparate, attenuate, and ſheathe the Aſperities of the Chyle by its Oils and Sulphurs; to blunt the Acids by its oleous Corpuſcles; and to aſſiſt the Circulation of the Blood, in the Veins and Arteries, by its ſtimulating Powers: It alſo proves a Stimulus to the Inteſtines, and thereby facilitates the Deſcent of our Excrements, and without which we ſhould be perpetually coſtive, and ſeldom go to Stool.

As the Bile is the hotteſt and ſharpeſt of all Humours in the Body; ſo, in its Circulation, it every-where irritates the Fibres of the Veins, Nerves, and Arteries; and thereby keeps up the Circulation of the Blood, and frees the Glands from Obſtructions; ſo that without the Circulation of the Bile, and conſtant Secretion of this bilious Humour, the Circulation of the Blood

would be languid, the Secretion of the ſeveral Humours ſtand ſtill, and Life itſelf be extinct; for there is no other Power, that we know of, in Nature, capable of keeping up the Blood's Motion, ſave the Bile: And therefore, in the Blood, theſe bilious Salts are ſet at ſuch a Diſtance from each other, as only to irritate the Veins and Arteries to a Degree, as may keep the Blood in Motion, and help forward the Secretion of the ſeveral reſpective Humours to their deſtined Ends and Purpoſes of Life; but, as the Stomach and Inteſtines are compoſed of more ſolid Coats, ſo, to make any ſuitable Impreſſions upon their viſcid, ſlimy Secretions, there was a Neceſſity for a more active, volatile, inciding Humour: And therefore, as the Bile came to be ſecreted in the Vena Porta of the Liver, it was deprived of its Fluidity, that a greater Quantity of its various Salts might be concentrated in a ſmaller Portion of Phlegm; for by this Means its Salts are ſo nearly collected, that they form a thick,

viſcid,

viſcid, ſaline, bitter Humour, whoſe Office is to ſtimulate the Inteſtines, keep up their periſtaltic Motions, and help forwards the Deſcent of the Excrements, and without which they would be apt to ſtagnate in the Inteſtines, and create obſtinate Coſtiveneſs and ſevere cholic Pains; ſo that the bilious Salts ſerve ſeveral Ends and Purpoſes in Life; for, as they exiſt in the Blood, ſo they aſſiſt the Circulation; as they are ſecreted in the Liver, and flow into the Inteſtines, the more fine Parts help forwards the Separation of the Chyle, and its Secretion into the Lacteals, while a groſſer Portion of the bilious Salts mix with the Excrements, and facilitate their Deſcent; and without which the Animal itſelf neither could well ſubſiſt under a ſound State of Health, or continue in Life for any conſiderable Time.

AFTER ſo much ſaid concerning our Enquiries into the Nature, Principle, and Secretion of the Bile, I ſhall only obſerve,

on the Fluid ſecreted from the Pancreas, that it is a fine, thin, lymphatic Liquor, whoſe Office, when mixed and incorporated with the Saliva, ſtomachic Juices, and Bile, is to dilute and attenuate the Chyle, and facilitate its Motion into the lacteal Veſſels; which leads me to treat of the Efficacy of the Saliva, when duly mixed, properly incorporated, and perfectly united with the foregoing Liquors, whereby they arrive at the higheſt Perfection their ſeveral Natures are capable of; and of whoſe Effects and Conſequences, in divers Diſeaſes, we ſhall treat in the following Section.

SECT.

SECT. VII.

Of the Operation of the FASTING-SALIVA, *when inwardly taken, and mixed with the* PANCREATIC *and* BILIOUS JUICES, *in the* SCURVY, GRAVEL, RHEUMATISM, *and divers other Diſeaſes, incident to obſtruct the Blood and vitiate the Secretions in the internal Habit.*

WE have now ſeen (in the fourth Section) what this Faſting-Spittle will do alone, and when outwardly applied, in divers external Diſeaſes: I come now to ſpeak of its Effects and Virtues, after it is mixed with divers ſecreted Liquors, in its Paſſage from the Mouth, till it becomes a ſecreted Liquor into the Mouth again. If the Faſting-Spittle, after the Bread has been well

well moiſtened with it in the Mouth, is charged into the Stomach, it then, in its Paſſage, meets with the lubricating Lymph of the Gula, which, from its ſpirituous, active Qualities, very much improves the Faſting-Saliva; and, after its Deſcent into the Stomach, there the ſtomachic Juices are continually ſecreting from their reſpective Glands; continually mixing with the ingeſted Spittle, conveyed into the Stomach with the Meat we eat, till, digeſted into a thin, light, volatile Spume or Froth, they, from their Lightneſs and Tenuity of Parts, flow over the Pylorus into the Inteſtines, where all theſe various Fluids of the Saliva, of the ſecreted Liquor, iſſuing from the Glands of the Oeſophagus and Stomach, are united in the Duodenum, and intimately combined with the bilious and pancreatic Juices, diſcharged, from their reſpective Pipes, into one uniform Maſs or Soap.

And, having brought the Faſting-Saliva, through

through a Courſe of Digeſtions, to mix with the Bile, and pancreatic Juice, in the Inteſtines; it appears to me, from the very Nature and Properties of the bilious Humours thus new modelled, from the Acceſs of the various Secretions, that we have generally confined the Gall and pancreatic Juices to anſwer very imperfect Purpoſes of Life; as if they were ſecreted for little elſe, but, by their bitter and acid Salts, to diſſolve our Aliments in the Stomach and Inteſtines, to facilitate the Deſcent of the Fæces, and give the depurated Chyle a Paſſage into the Lacteals. But, upon a more attentive View of Things, we ſhall perceive, that the bilious Humour ſerves very great and important Ends of Life in the Animal-Oeconomy; for, were this liquid, volatile, animal Soap, of a very active, cleanſing, penetrant, and abſterſive Nature, by the Largeneſs and Union of Salts of various Natures, as of bitter, ſweet, ſalt, acrid, alcalious, and muriatic, all combined into one ſubſtantial Fluid; it will neceſſarily

ceſſarily happen, that ſuch an uniform Liquor will be able to diſſolve all Manner of viſcous Humours, and ſabulous Concretions, that fur up the Mouths of the Lacteals, obſtruct the Paſſage of the Chyle, and diſpoſe all corrupt Humours to diſcharge by Stool, Urine, and inſenſible Perſpiration.

THIS Fluid, the Saliva, by the Improvements it receives, as above deſcribed, being admitted with the Chyle into the Lacteals, attenuates, diſſolves, and liquifies any Fur or Coagulum, that may ſtick or adhere to the Coats of the Lacteals, or obſtruct in the Veſſels of the Receptaculum Chili, or Ductus Thoracicus: For the fine, thin, depurated Chyle contains Globules of a larger Size, than any to be found in the Blood itſelf; and therefore are apter to ſtagnate in theſe fine, white Tubes, called Venæ Lacteæ primi & ſecundi Generis, than in the Veſſels of any other Parts of the Body.

THEREFORE,

THEREFORE, if it enters the Lacteals, and gets into the Blood, it purifies that Fluid, diſſolves all preternatural Lentors, ſcours the Glands, and cleanſes their Emunctories, whereby the Veins, Nerves, and Arteries, are cleared of all embarraſſing Obſtructions, and the Courſe of Nature carried on with the greateſt Harmony and Accord.

IN the Kidnies, Ureters, and Bladder, it is known to encreaſe the Separation and Secretion of the Fluids in the urinary Paſſages; ſo that a Man may obſerve himſelf to diſcharge more Urine, after he has eat his Cruſt in a Morning faſting, than at any other Time of the Day: Again, this noble Fluid, by its oleous and balſamic Qualities, abates Pain, and aſſwages the Inflammation of the Parts, as is very uſual where either much Gravel or large Stones have frequently paſſed theſe ſeveral Organs: As this fine, balſamic, liquid, compound Soap is endued

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with ſoft, oleous, and balſamic Properties, whereby it may ſheathe the Aſperities of the acrimonious Salts, and attemperate all ſharp Humours; ſo it abounds alſo with ſharp, acid, inciding Salts, both volatile, eſſential, and fixed; whereby it attenuates, breaks, and diſſolves, all ſabulous Concretions, rectifies the Intemperatures of the Blood, that may intercept the Motion of the Fluids in every Part, and carries its Virtues to the extremeſt Organs of the Body: Nor does it only contribute to deſtroy the moſt ſtubborn Diſeaſes, but alſo mightily ſerves to preſerve the Body in Health; for, where the Circulation of the Blood, the Secretion of the Juices, and Diſcharge of the excrementitious Fæces and Fluids are conſtant, regular, and uniform; there the Health is in the higheſt Perfection a Man can poſſibly arrive at, in this imperfect State of Nature.

SECT.

SECT. VIII.

Of the Force and Efficacy of FASTING *and* ABSTINENCE, *under the Operation of this fine, penetrating, abſterſive, animal Soap.*

I Do not preſume here to treat theſe Subjects of Faſting and Abſtinence as a Divine, who intends, by his Advice and Counſel, to mortify the Body or Soul, and better the Conſcience; but as a Phyſician, who is deſirous to preſerve the Strength, Health, and Motions of the Body of his Patient, ſteady, uniform, and regular.

EVERY one muſt be ſenſible, what great Things have been promiſed from Quickſilver, Tar-water, Mrs. *Stevens*'s Medicines, and divers other Quack Pills, Powders, and

Elixirs, in the Gravel, Gout, Dropſy, and various other Diſeaſes: But I declare, that, if the Advice I offer for the Benefit of Mankind be but carefully obſerved, and punctually put in Practice, many will not only receive great Relief, but an entire Exemption, from the moſt obſtinate and ſtubborn Diſeaſes.

FOR we ought ever to conſider, that Nature is always on the Side of Health, and continually ſtriving to reſtore the Conſtitution, whenever borne down by the Force of a Diſeaſe; ſo that ſeldom can any Obſtructions happen to the Body, but that Repletion, or gorging more than Nature can digeſt, is the Cauſe; and which, when often repeated, brings on Indigeſtions in the Stomach, Windineſs or Flatulencies in the Bowels and Inteſtines; a Corruption of Humours in the Blood, and various Obſtructions in different Organs of the Habit: Theſe are the Parents of moſt Diſeaſes, that are incident

cident to affect us in Life; for what is the Scurvy, but a thick, viſcid, ropy Blood, unable to paſs the fineſt Strainers of the ſeveral Organs? And how comes it by theſe Properties, but by the Indigeſtion of our Aliments? The ſame we may obſerve of cholic Pains, the Aſthma, and Dropſy; their original Cauſe undoubtedly ariſes from Indigeſtions; nor is the Generation of Gravel and Stone leſs owing to the ſame Cauſes; for, when our Foods eſcape the Force of the Stomach, not thoroughly digeſted, they never after can receive the aſſimilating Power, from any After-Impreſſions the ſubſequent Organs can lay upon them, but become the Cauſe of various Obſtructions in the ſmall Organs of the Body: Hence ariſe Wind in the Stomach, Pains in the Inteſtines, Rheumatiſms in the Limbs, and ſcirrhous Tumors in the Liver, Spleen, and divers other Parts.

Now, under theſe Circumſtances, to bring Nature home to herſelf, the firſt Thing

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muſt be to preſcribe Abſtinence from all Fleſh Meats, for the Compaſs of a Week, if the Diſeaſe be recent; three Weeks or a Month, if the ſame has been of any long Continuance: This will give Nature Time to recover herſelf. What I mean by Nature recovering herſelf is, that there are certain reſtitutive Powers in every Organ and Fibre of the Body, whereby Nature, when any Organ is obſtructed or oppreſſed, ſtrives to recover its former Tone; and this ſelf-reſtoring Power is partly the Effects of the Fluids, and partly lodged in the Organs themſelves, and the Mechaniſm that conſtitutes their Powers of Force and Motion.

Now, in any great Preſſure, from a Load of Foods charged into the Stomach, there is nothing that gives ſo ſure a Relief as Faſting and Abſtinence; for theſe Vacations from Aliments enable the Fibres of the Stomach, Viſcera, and other Organs, to reſolve the Obſtructions, to break the Coheſions of the

the Blood, and enable Nature to root out the moſt ſtubborn Diſeaſes, by flinging their Cauſes off by either Stool, Urine, or inſenſible Perſpiration, or ſometimes a profuſe Sweat: Nor can there be a more noble, ſafe, and efficacious Remedy to rid us of either Stone, Gravel, or Gout, than what I now offer for the Relief of Mankind; that is, Abſtinence, Faſting, and a Cruſt of Bread eat early in a Morning faſting; or rather the Faſting-Saliva charged into the Stomach, by the Aſſiſtance of a Piece of Bread: And, in theſe Caſes, it is neceſſary that we take nothing of Aliments for two or three Hours after.

GIVE me Leave here to recapitulate, as briefly as I can, the Virtues of one of the greateſt diſſolvent Medicines in Nature, and at the ſame Time one of the ſafeſt that ever was communicated to Mankind; a Remedy that, if ſteadily purſued, will cure both the Gout, the Gravel, the Stone, the Aſthma, and

and Dropſy. Would you know this invaluable Secret?——It is Abſtinence.——I ſay Abſtinence; the moſt effectual Cure in all Diſeaſes: But by the Word Abſtinence I do not mean a mere negative Remedy, as if Faſting was to do all the Work, by ſuffering Nature, at her Leiſure, to attenuate the Fluids, reſolve the Obſtructions, and digeſt off the obſtructing Matter: Nothing like it; for we have given you the Form of this Medicine above, told you the Ingredients, and whereof this excellent Remedy, ſo aſſiſting to Nature, is compoſed; and muſt leave yourſelf to judge of its Efficacy and Operation.

However, to make ſome pertinent Reflections upon this Subject, I beg Leave to obſerve, that, after the whole Quantity of Chyle is digeſted in the Stomach, and conveyed into the Inteſtines; thereupon the Faſting-Saliva, the lubricating Lymph of the Gula, the Fluids ſecreted from the fine vel-

vet

vet Coat of the Stomach, are all continually ſeparating from their reſpective Glands; continually digeſting in the Stomach, and continually flowing over the Pylorus into the Duodenum; there they are mixed, united, and intimately combined with the pancreatic and bilious Juices; and which, by their Conflicts, Tumults, and Conquaſſations, produce a moſt fine, thin, attenuated Fluid: This Fluid, being admitted into the Lacteals, reſolves the Obſtructions of the meſenteric Glands, every-where ſeated near the Lacteals; attenuates, diſſolves, and liquefies any Fur or Coagulum, that may adhere or ſtick to the Sides of the Lacteals; and prevent its Entrance into the Receptaculum Chili, or Ductus Thoracicus. In a Word, this fine, volatile, ſaline Fluid, from the various Secretions mixing with it, becomes an univerſal Diſſolvent; and is intended and ſeparated, by Nature, to break the Coheſions of the obſtruent Matter, that may cleave to the Coats of the Veſſels in every Part of

the Body: And, from this natural Obſervation, we may learn the great Benefit of frequent Faſting, not only to preſerve the Body under a ſound State of Health, but alſo how mightily ſerviceable it is in relieving divers Diſeaſes; and how efficacious it is in the Gravel, Stone, Rheumatiſm, and divers other Diſeaſes, that have Obſtructions for their Parent.

You ſee now, that, after all, we diſcover this to be no imaginary Medicine, formed upon the negative Principles of Faſting and Abſtinence, as if they were to do all the Work themſelves, but on the ſolid Grounds of the Faſting-Saliva, combined and united with the Liquors ſecreted from almoſt every Organ of the Body, whereby it is impowered to diſſolve all unfriendly Coheſions in the Blood and animal Juices; force open, break down, and unbind thoſe ſtubborn Obſtructions, that impede the Motion of the Fluids in their firſt Paſſages; ſo that there is ſcarce a Nerve,

a Nerve, Vein, Artery, or Gland, in the whole Animal-Oeconomy, but what muſt neceſſarily receive ſome Benefit from the daily Operation of this fine, liquid, animal Soap.

SECT. IX.

Of the AIR, DIET, EXERCISE, *and other requiſitorial* RULES, *neceſſary to be obſerved, in order to facilitate the Operation of this* LIQUID SOAP, *I eſteem a moſt invaluable Remedy.*

THUS we have diſcovered the Operation of this noble and moſt ſovereign Remedy in the Scurvy, Gravel, Rheumatiſm, and divers other Diſeaſes; which leads me to ſpeak a few Things of the Air, Diet, and Exerciſe, neceſſary to be obſerved, in order

to facilitate the Relief it gives in the moſt ſtubborn Diſeaſes.

But, before we can expect to accompliſh all theſe fine Effects, enumerated in the foregoing Pages, I hold it highly neceſſary that a proper Air, a regular Diet, and a well-adjuſted Exerciſe, ſhould be enjoined the Patient: As to the Air, which is the firſt Thing we ought to conſult about, I judge it highly neceſſary, that the Patient ſhould ſojourn in a ſoft, free, open Air; on a Ground rather riſing; in a Place free from Woods, Fens, or high Mountains, that may intercept the pure balſamic Properties of this healthful, enlivening Fluid, the Air. By all Means, if he is ſubject to either the Gravel, Aſthma, or Rheumatiſm, let him avoid living in great Cities, which are pernicious to thoſe incident to the foregoing Diſeaſes; and therefore my Advice is, that he take the Medicine in the Country, if poſſible, as the Goodneſs of the Air will aſſiſt its Operation: But, if his

his Buſineſs calls him to the City, and he cannot poſſibly ſtay in the Country, he muſt not, by any Means, intermit the Medicine, but purſue its Uſe a Month or Six Weeks, in the beſt Manner he can, without Intermiſſion; from which, in moſt Diſeaſes, that are lodged within the Compaſs of the Circulation, he will receive conſiderable Benefit.

HAVING done with the Air, the next Thing to be obſerved is the Patient's Diet: And I chuſe to begin with his Diet in the Morning, becauſe there are ſeveral nice Circumſtances, neceſſary to be adjuſted, in order to facilitate the Operation of this ſovereign Remedy, we call the Faſting-Spittle. And therefore I adviſe the Patient to eat his Breakfaſt about Ten of the Clock in the Morning: And, under a Fit of the Gravel, I would adviſe him to drink three or four Diſhes of a Tea, made either of Mallow-Flowers, or, if the Seaſon does not permit them

them to be had, let him uſe the Mallow-Leaves, ſweetened with Honey, with a Slice or two of Bread and Butter, as the beſt Breakfaſt he can have.

An Hour or two after Breakfaſt, let him exerciſe; and, of all Exerciſes, I prefer that on Horſeback; but, if the Weather happen to be hazy, and not promiſing, he may then, for two or three Hours, take the Air in a Chariot, cloſe Chaiſe, or Coach. When I ſpeak of Exerciſe, I always ſuppoſe the Patient is entirely free from any Pains of the Gravel or Stone.

After his Return, if he finds himſelf refreſhed, he may take a Walk in the Garden, or about the Houſe, or buſy himſelf, for the Remainder of the Time between that and Dinner, in his Study: But, above all Things, let him take Care he does not habituate himſelf to drink Wine, or any Thing that is ſtrong, in the Morning, before Dinner;

ner; for many, by that Means, have deſtroyed their Appetite, and for ever after ſpoiled a good Digeſtion; ſo that whatever they have eat at Noon has turned to Wind and Crudities, and ſubjected them to ſevere cholic Pains.

When he ſits down to his great Meal, or Dinner, I permit him to eat of every Thing, ſo it be not too ſalt; for Salts, of all Kinds, are undoubtedly Ingredients of both the Gravel, Stone, and Rheumatiſm; and theſe Ingredients furniſh out the Cauſe of frequent Fits in theſe Diſeaſes: And therefore the Young, of all Animals, are to be choſen, as they conſiſt of the lighteſt Salts, and ſuch as are eaſily diſſipable by Urine, Sweat, and Perſpiration; and ſeldom concrete, as they are not endued with that Degree of Attraction as are the Salts of older Animals.

Between Dinner and Supper, I would not adviſe him to touch any Thing, unleſs a Diſh

a Diſh or two of Tea or Coffee, with a Slice of Bread and Butter; for the great Point is ſo to order the Air, Diet, and Exerciſe, as to be able to bring all the Motions of the animal Organs to a due Temperature, and then we ſhall greatly promote the Operation of this ſalutary Remedy, and render its Virtues highly efficacious.

His Supper I would adviſe him to take about Six or Seven in the Evening, and by no Means later; and, as Milk is phlegmatic, ſo, if he pleaſes, he may take Half a Pint, or more, of white-wine Whey, with a Sea-Biſcuit; or, if it pleaſes him better, he may take a Slice of new Cheeſe, and drink a few Glaſſes of old Port, or a Pint of fine ſoft Ale, with about ſix Ounces of the Cruſt of a French Role or Manchet.

After theſe Things are done, I adviſe him not to eat any Thing till about Six, Seven, or Eight of the Clock the next Morning

Morning, which is the Time of his taking the grand Medicine: This conſiſts of Half an Ounce, or ſix Drachms, of the Faſting-Saliva, preſſed or ſqueezed out from the Salival Glands into the Mouth, by the Preſſure of the Jaws and Teeth, in eating an Ounce or ten Drachms of the Cruſt or Heel of a Loaf made of the pureſt Wheat; for the Cruſt occaſions ſo much the greater Preſſure from the Teeth, whoſe greater Force occaſions a greater Diſcharge of this ſalival Fluid, and which will anſwer all the Purpoſes we declared in the preceding Sections.

And, though of late Years, we have heard of mighty Feats done by crude Mercury, Tar-Water, and other Quack Medicines, ſold up and down the Town, ſupported by Royal Patents and dignified Titles: Yet I queſtion whether, in the Gravel, Stone, and Rheumatiſm, there ever yet was diſcovered, or at this Time is diſcovered, or

any Remedy, in future Times, ſhall be diſcovered, that, in its Virtues and Efficacy, comes up to this invaluable Medicine, I now offer for the Benefit of Mankind: And the Patient may aſſure himſelf, that, if theſe Rules and Cautions, and ſome others, that do not properly come within the narrow Compaſs I have here ſet myſelf, are but rightly purſued, they will not only mightily contribute to preſerve him in Health, but alſo be extremely efficacious to reſtore this invaluable Bleſſing, whenever overpowered by the Force of a Diſeaſe: And, in all theſe Caſes, the Patient will find little Occaſion for taking of Medicines, provided he is obſerving of theſe Rules, and careful, every Day, to adjuſt his Air, Diet, and Exerciſe.

Now, tho' I will not pretend, like our modern Quacks, to cry up this Medicine as an univerſal Catholicon, and promiſe the World, that it will never fail to cure all

Diſeaſes

Diſeaſes it is applied to; yet I will boldly venture to declare a ſolemn Truth, that no Quack can, with Juſtice, affirm in Favour of his Medicine: That it never was known to do any Harm, to Man, Woman, or Child, notwithſtanding the many Thouſands of People that have experimentally made Uſe of it.

FINIS.

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